



Linguine with Silky Mushroom Sauce

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



60 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups baby spinach leaves
- 0.5 cup philadelphia chive & onion 1/3 less fat than cream cheese ()
- 0.5 cup chicken broth fat-free reduced-sodium
- 0.5 lb mushrooms fresh sliced
- 0.5 lb pasta uncooked

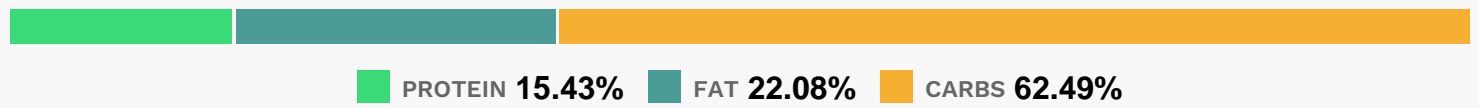
Equipment

- frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat skillet sprayed with cooking spray on medium-high heat.
- Add mushrooms; cook and stir 8 min. or until lightly browned.
- Add broth and cream cheese spread; mix well.
- Add spinach; cook just until wilted.
- Drain pasta; toss with sauce. Season with fresh ground black pepper.

Nutrition Facts



Properties

Glycemic Index:5.3, Glycemic Load:3.5, Inflammation Score:-3, Nutrition Score:3.2413043729637%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 59.56kcal (2.98%), Fat: 1.46g (2.25%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 8.76g (3.19%), Sugar: 0.72g (0.8%), Cholesterol: 3.52mg (1.17%), Sodium: 53.16mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.59%), Vitamin K: 14.5µg (13.81%), Selenium: 8.38µg (11.97%), Manganese: 0.14mg (6.84%), Vitamin A: 335.22IU (6.7%), Copper: 0.07mg (3.69%), Vitamin B2: 0.06mg (3.49%), Phosphorus: 33.28mg (3.33%), Vitamin B3: 0.66mg (3.28%), Folate: 9.85µg (2.46%), Magnesium: 9.46mg (2.36%), Potassium: 79.79mg (2.28%), Vitamin B5: 0.23mg (2.27%), Fiber: 0.54g (2.17%), Vitamin B6: 0.03mg (1.73%), Iron: 0.29mg (1.63%), Zinc: 0.24mg (1.57%), Vitamin B1: 0.02mg (1.48%), Vitamin C: 1.08mg (1.31%), Calcium: 12.73mg (1.27%)